

# NEWSLETTER

AIDS NETWORK OF EDMONTON SOCIETY

October / November 1987

VOL. 2 NO. 8



## CDC Broadens Definition of AIDS

It has been recognized ever since the discovery of the Human Immunodeficiency Virus (HIV) as the cause of AIDS and of sensitive, accurate tests to determine its presence that the original case definition of AIDS was far too narrow to include all of the manifestations of the disease. As a result, the statistics which are quoted so frequently in tracking the progress of AIDS have been truly reflective of the full extent of the disease. In response to this awareness, the Center for Disease Control in Atlanta, Georgia in its August 14, 1987 newsletter presented a new broader definition of AIDS which is expected to increase the counts by more than 10%.

Canadian statistics will reflect this larger definition as of November 1, 1987.

The major proposed changes apply to patients who are anti-body positive to HIV and:

1. Have HIV encephalopathy (dementia), wasting syndrome (slim disease), or a broader range of specific AIDS-indicative opportunistic diseases than previously allowed.
2. Have presumptive diagnosis of indicator diseases (formerly required definitive diagnosis).
3. Have other causes of immunodeficiency (previously other causes excluded the diagnosis of AIDS).

Continued on Page 4

## Karos house Opens

Karos House, the name given the residence for people with AIDS, received its first two tenants in October. Owned and operated by Catholic Social Services, Karos House is a response to one of the needs of persons with AIDS. The facility is a residence for PWAs who have no other housing available to them. It does provide a comfortable, roomy, supportive environment at minimal rent to a Person with AIDS. A CSS social worker operates out of the residence providing social services, and other staff provide practical support in the late afternoon and evening. One staff member stays overnight to provide emotional support and emergency assistance. Presently, individuals are required to attend to their own daily needs. The facility has the capacity of ten individuals. We here at the NETWORK are developing ways of providing our services to the residents. A CSS fund-raising campaign this month is attempting, in part, to provide financial means for the maintenance of the house.

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# VOLUNTEER —NEWS—

Nov. 4.

Volunteer Inservice Meeting - 7:00-10:00 p.m.  
St. Stephen's College. Two AADAC staff  
from the downtown treatment centre will  
be presenting basic information about ADDICT-  
IONS - ALCOHOL AND CHEMICALS. This  
evening will form the basis for an all-day  
workshop on Nov. 18.

Nov. 18.

All-day workshop for volunteers and staff.  
AADAC staff will present information on  
ADDICTIONS - Intervention Techniques -  
St. Stephen's College.

Nov. 27, 28 and Dec. 9

Volunteer Training - Basic Public Speaking  
Skills Training by Toastmasters International.

Volunteers interested in registering for training  
please call the NETWORK office. A nominal  
cost of \$20.00 will be charged. Upon com-  
pletion of the 13 hour training a certificate  
will be given enabling volunteers to participate  
in future Toastmasters activities.

Nov. 27 - 7:00 - 10:00 p.m.

Paul Kane House - 10220 - 121 Street

Nov. 28 - 9:00 - 4:00 p.m.

Paul Kane House

Dec. 9 - 7:00 - 10:00 p.m.

St. Stephen's College



## NEW VOLUNTEERS

The AIDS Network of Edmonton Society would  
like to welcome the twenty-three persons who  
have just completed the volunteer training course.  
You already make the work-load lighter, and  
we look forward to working together with you!

## VOLUNTEER SOCIAL

The new volunteers had a chance to meet the  
"old" volunteers at a wine and cheese party  
held at Nancy's on October 29th. After the  
hard work of training, it was nice to relax.  
A potted plant was given to Brigitte to thank  
her for all her efforts during the training. Spec-  
ial thanks are due to Nancy for offering her  
home for the evening.

## NEXT VOLUNTEER TRAINING

Sign up now for the next volunteer training  
course, set to begin after Christmas. If you  
are interested in becoming a volunteer for the  
NETWORK, phone Brigitte at the NETWORK  
office (424-4767).

BEETLE BAILEY



The Edmonton Sun



# dealing with crisis

## How to help a person in crisis:

1. Above all, act quickly. The person needs immediate attention.
2. Take control calmly (to counteract the person's feelings of panic and chaos).
3. Go someplace private.
4. Identify yourself as someone to give help.
5. Assess the person.
6. Find the "real" reason for the crisis (not just the "final straw").
7. Ask open-ended questions to find answers.
8. Help the person acknowledge feelings.
9. Note body reactions, emotions.
10. Foster hope.
11. Remind the person of a crisis in their past that was overcome.
12. Let the person express all (even negative) emotions.
13. Remind the person of the need for time to overcome the crisis.
14. Explore options for the person (What do you feel like doing? What else could you do?)
15. Encourage self-reliance.
16. Help restore the persons self-esteem by treating them with respect.
17. Assess the person's support system.
18. Help the person get in touch with the supportive persons in their life.
19. Direct the person toward a limited, achievable goal.

## How to help yourself out of a crisis:

1. Accept crisis as a natural part of life.
2. Do positive things for yourself to balance the negative.
3. Face your troubles.
4. Do things that express your emotions (talking, writing, singing, role-playing).
5. Do services for others (to help from dwelling on yourself).

Excerpt from: Hafen, Brent Q. and Peterson,  
The Crisis Intervention Handbook,  
A Spectrum Book  
Englewood Cliffs, N.J.,  
Prentice-Hall, 1982



## support group update

Previous issues of the NEWSLETTER have carried articles on the NETWORK sponsored Support Groups. We felt it was important to refamiliarize our readers with this service.

A support group is a "mutual aids system" in which the facilitator helps people to help each other. The groups are not seen as a loose connection of people coming together but rather a structural support system. Leaders or facilitators help the groups maintain focus on issues and foster a safer supportive environment to meet the emotional needs of members. At times the group sessions operate on a fixed agenda i.e. specific topics to address. At other sessions the emphasis is on responding to issues raised by the members. At all times the efforts of group sessions is to improve members coping ability, help members to live positively.

Three support groups are sponsored by the NETWORK: HIV Positive Groups, Persons with AIDS Group, and Family, Friends and Partners Group. These groups are led by a facilitator. They meet at specific times, places and intervals. NETWORK staff interview persons interested in a group and make referrals/introduction to the groups when one is ready for a group environment. Contact David Fitzgerald or Tom Gale at the NETWORK office (424-4767) for more information.

# MEDICAL UPDATE

## CDC Broadens Definition of AIDS

Continued from Page 1

Up to this point there have been a large number of people with significant illness, disability, and even death who were never classified as AIDS because of the narrow criteria which previously existed. Because these patients did not fit the AIDS definition they were excluded from any of the benefits which AIDS patients received. With the broadened definition of AIDS more persons will become eligible for these benefits and will no longer be living in the grey zone - that limbo of disability in the absence of diagnosis.

(Source: ALERT, September, 1987)

## statistics

OCTOBER 30th, 1987

	<u>TOTAL</u>	<u>LIVING</u>
EDMONTON	27	14
CALGARY	42	14
ALBERTA	82	35
CANADA	1,323	628
UNITED STATES	42,354	17,942
WORLD	59,834	NO COUNT

### STATISTICS ON SURVIVAL:

Of the PWA's diagnosed in Canada before 1983, none are still alive. Of the PWA's diagnosed in 1983, 8.6% are still alive. Of the PWA's diagnosed in 1984, 20.3% are still alive. Of the PWA's diagnosed in 1985, 30.3% are still alive. Of PWA's diagnosed in 1986, 55.6% are still alive.

(Source: LCDC, Ottawa - (08,Sept.1987)

## herpes and safer sex

There was a "4% decline [in herpes virus infections in 1986] from 1985, and [this] is the first year that there has been a decrease since data was available on a national basis in 1987". Significant in these declines were decline in the 15-24 age group. Also, "compared to 1985, the greatest decline (44%) was noted for infections involving the rectum/feces." This points positive to behaviour changes, and probably indicates a real decline in unprotected anal intercourse. Unfortunately, there was no significant decline in genital infections. Sadly, "over two-thirds of the reports [of genital infections], (68.7%) involved females". This probably means that much of the vaginal intercourse practised is unprotected.

(Canada Disease Weekly Report (29 Aug.1987)

## dentists and aids

A recent broadcast of MARKETPLACE raised the following concerns for persons seeking dental care: sometimes hand equipment (drill) will suck up some saliva or blood as it is shut off. The usual sterilization procedure (called by dentists "Asceptic Technique") of soaking this equipment in liquid chemicals will not disinfect the inside of the equipment. An autoclave (steam sterilizer) will disinfect the inside, but is lengthy (usually takes an hour). Thus the Canadian Dental Association and the Alberta Dental Association have recommended running the equipment 30 seconds to 2 minutes before sterilizing to flush the inside out. Patients have the right to ask dentists about their sterilization procedure, and dentists should also be wearing gloves.



From a pamphlet of the San Francisco AIDS Foundation. Thanks to G. Piper, STD Nurse, for additional suggestions.

Any of these STD's can be transmitted through sexual contact (including vaginal and anal intercourse and oral-genital contact) with an infected partner who may or may not have symptoms .

# THE OTHER SEXUALLY PART I TRANSMITTED DISEASES

## HERPES

What are the signs?

Sores around the mouth (cold sores), genitals or anus, often with small painful blisters. Some people have no symptoms but are still infected and contagious .

How do you take care of it?

Infected person should avoid intimate sexual contact while sores persist . Acyclovir capsules or ointment may be helpful but will not cure herpes.

Possible Problems-

May contribute to cervical cancer and pregnancy problems in women. Painful for both sexes at outbreaks.

## HEPATITIS B

What are the signs?

Flu-like illness, jaundice, rashes, joint-pain. People often have no symptoms but are still infected and contagious.

How do you take care of it?

Rest, physician's care. For people who have not been exposed, a vaccine is available.

Possible problems -

Liver problems, including cirrosis, sarcoma, cancers.

## CRAB LICE

What are the signs?

Itching, especially at night, visible moving lice in public hair and eggs (nits) attached to hair shafts .

How do you take care of it?

Lotions to kill lice, recent sexual partners should be treated if infected . Bed, bedding, furniture should be vacuumed, cloths should be washed well.

Possible problems -

None

## SYPHILIS

What are the signs?

Painless ulcer (chancre) at point of contact, usually penile shaft, around vaginal opening, mouth, or anus. Secondary stage may include a rash, swollen lymph nodes, flu-like illness, hair loss, wart-like eruptions.

How do you take care of it?

Infected persons and their sexual partners must be tested and treated with antibiotics. Sexual contact should be stopped until the end of treatment.

Possible problems -

If untreated, may affect brain, heart, pregnancies, or even be fatal.

# VIK Gallery Exhibit

A net total of \$1,045. was raised for Karos House, the new residence for persons with AIDS, by an exhibition of art held at the VIK Gallery, Oct. 16. The Gallery, at 10129-104 Street, exhibited works by 8 prominent artists. At the opening night, the 150 guests were officially greeted by Dr. Knut Vik, gallery owner, Rev. Wm. Irwin, President of Catholic Social Services and Dr. Laurence Jewell, Chairperson of the NETWORK's Board of Directors. Guests also included Minister for Consumer and Corporate Affairs Elaine McCoy, and MLA Pam Barrett and William Roberts. A sum of \$790. in donations was collected at the door, another \$115. during the week. In addition, 20% of the proceeds from the pieces sold (10% by the artists, 10% by the Gallery) raised another \$332.10. Many thanks to the Gallery, the artists, the organizers, and all participants.

## AIDS Vigil of Prayer

Members of the AIDS Network of Edmonton Society, Dignity Edmonton, Lutherans Concerned, and the Metropolitan Community Church joined together the weekend of September 18, 19 and 20th, in a second AIDS Vigil of Prayer. Across North America, similar events were

taking place. In Edmonton, the vigil was held once again at the Edmonton General Hospital chapel, for which special thanks are due. The weekend opened with an ecumenical prayer service at Garneau United Church, conducted by Rev. Robert Hankinson (United), Rev. William Robers (Anglican), and Rev. Peter Sharpe (R.C.). Sunday evening, a service of the Metropolitan Community Church, Rev. Charles Bidwell presiding, closed the event. This is expected to become an annual event.

## Pastoral Care Workshop

More than 30 Pastoral Care Workers of assorted Christian denominations attended the workshop organized by the AIDS Vigil of Prayer Committee.

A panel consisting of a person with AIDS, his partner and NETWORK staff person Tom Gale, and moderated by Anne Loewan shared their firsthand experiences of living and working with AIDS.

Sister Marcia Wiley and John Moi OFM, Pastoral Care Workers at local hospitals, also shared their experiences from a theological point of view. Response from the participants was very positive and there have been several requests for a 2nd workshop at a future date.

## resources on aids

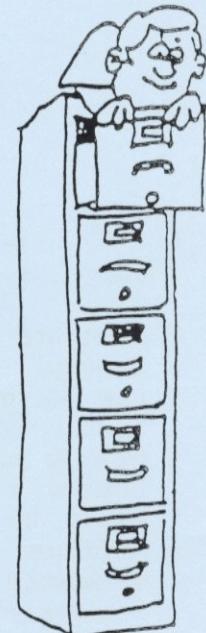
Anyone wishing to gather information on AIDS should be aware of the resources available at the AIDS NETWORK:

1. a comprehensive information system, with all the written materials the NETWORK has collected on hundreds of topics associated with AIDS.
2. a preferred resource list of in-depth, current articles on the main subjects associated with AIDS.
3. a resource providers list of catalogues, etc. of printed and audio-visual materials on AIDS and related topics.
4. a library of books and manuals on AIDS, some available for loan, and a library of video and audio cassettes, also available for loan.

Persons wishing to use these resources should direct enquiries to Matt at the NETWORK office (424-4767).



Pritchard: Saskatoon Star-Phoenix





## Coming Events:

November 10th:

Healing AIDS Naturally  
at the Strathcona Holistic Centre  
# 8 - 8114 - 103 Street  
Phone: 433-7882 for more information  
7-10 p.m.  
\$20.00 registration fee

November 11th:

AIDS Benefit - Research  
Noon to 3 a.m. at the Roost

November 17th:

7 p.m. at the Centennial Library  
Public Forum on Suicide Prevention  
Sponsored by the Aid Service of Edmonton

November 25 - 27

Sexuality: A Communication Process  
Place: Providence Renewal Centre  
3005 - 119 Street  
Fee: \$85.00  
Sponsored by Edmonton Board of Health

## SERVICES PROVIDED BY THE AIDS NETWORK OF EDMONTON SOCIETY

The AIDS Network of Edmonton Society, incorporated in February, 1986, is a registered non-profit charitable organization. The mandate of the AIDS NETWORK is to provide education about AIDS to the high-risk groups and the general public, support to individuals with AIDS and ARC and co-ordination of services for individuals with AIDS/ARC.

INFORMATIONAL: An informational and support line operates Monday - Friday, 9 a.m. - 9 p.m. A leading resource library is available to agencies and the public.

EDUCATIONAL: A speakers' bureau provides speakers for Educational presentations to concerned groups. Audiovisual materials and information files are available on loan.

COUNSELLING: Confidential one-on-one counselling services are available to persons directly or indirectly concerned about AIDS.

Referrals to other professional services are made upon request.

SUPPORT GROUPS: For persons who have tested positive for HIV Antibodies. For persons with AIDS. Friends, families, and partners of persons with AIDS.

ADVOCACY: Assistance will be provided to individuals facing difficulties in receiving services because of their health status.

The AIDS NETWORK works to coordinate the services of supportive public and private agencies in all areas involved by the AIDS crisis.

The services of the AIDS Network of Edmonton Society are provided FREE and on a CONFIDENTIAL bases.

## THANKS

Thanks to Boots "n" Saddle for their donation of \$267. to the AIDS NETWORK from the last "Sunday Shopping".

Thanks to the "Leave it to Jane Theatre" for their donation of \$153. from their musical production of "In Trousers" and "March of the Falsettos".



# ROSS ARMSTRONG Memorial Fund

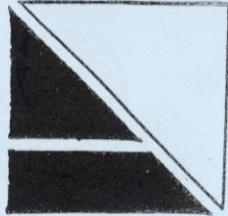
The fund uses monies donated or raised to assist persons with AIDS or ARC directly.

UPDATE: October 30th, 1987

Total Income: \$5,412.85  
Total Awards: \$3,028.82  
Balance: \$2,384.03

Office Address:

10233 - 98 Street  
Edmonton, AB  
T5J 0M7



Telephone Number:  
Info Line: 429-AIDS  
Business Line: 424-4767

Office Hours:

Monday - Friday 9 a.m. - 6 p.m.  
Information Line Hours:  
Monday - Friday 9 a.m. - 9 p.m.

The Newsletter is published monthly by the AIDS NETWORK OF EDMONTON SOCIETY with financial assistance from the HEALTH PROMOTION DIRECTORATE OF HEALTH AND WELFARE CANADA. The AIDS Network of Edmonton Society, incorporated in February, 1986, is a registered non-profit charitable organization. The mandate of the AIDS NETWORK is to provide education about AIDS to the high-risk groups and the general public, support to individuals with AIDS and ARC and co-ordination of services for individuals with AIDS/ARC. Articles are usually prepared by NETWORK staff and/or the source acknowledged when reprinted.

## MEMBERS: Time to Renew!

Become a voice in the AIDS NETWORK.

Your input will help to shape our educational, counselling and public awareness programs.

Your financial support will help to carry them out.

Ross Armstrong Office, 10233 - 98 Street,  
Edmonton, Alberta T5J 0M7  
(403) 424-4767



AIDS NETWORK OF EDMONTON

### APPLICATION FOR MEMBERSHIP

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

A \$25<sup>00</sup> membership entitles the undersigned to discount admission at specified AIDS NETWORK events, regular newsletter mailings, and the right to vote at AIDS NETWORK meetings.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please notify the AIDS NETWORK if your address changes.

Please enquire about the reduced membership rates for students or the unemployed.

The AIDS NETWORK of Edmonton is a Member of the CANADIAN AIDS SOCIETY/LA SOCIETE CANADIENNE DU SIDA

CANADIAN  
AIDS  
SOCIETY



LA SOCIÉTÉ  
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